

Highland Green Health Partnership

Notes of Meeting Tuesday 4th March 2025 Via TEAMS

Present:	Dan Jenkins (Chair)
	Sophie Forbes
	Ailsa Villegas
	Kate Thomson
	Helen Perkins
	Joan Lawrie
	Rachel Elliot
	Colin Simpson
	Imogen Furlong
	Trish Gorely
	Graham Neville

Apologies:	Alan Macpherson
	Gail Prince
	Cathy Steer
	Caroline Vawdrey

		Actions
1	Welcome, introductions & apologies Dan welcomed everyone to the meeting and everyone introduced themselves.	
2	Matters arising/review of action log Action log updated.	
3	Partner updates Colin highlighted from a Cairngorm National Park point of view that Louise Emslie is currently on maternity leave and her post has been filled by Lucy. They have been working on rolling out Health Walks to more communities where there is interest, more recently in Kincaig. Within the Cairngorms 2030 project, work is being done around active travel, particularly cycling initiatives in the community. Imogen updated that the Highlife Highland team have been busy creating a programme of events as the season begins to warm up and people will want to get outside more. They will be concluding this month on their series of online talks where they have been engaging people with the outdoors from the indoors. They have been working with Highlife Highland libraries on the Green Hub project. The project is looking to create 4 library green hubs, located in Wick, Coul, Ardnamurchan and Dingwall. Litter picks will be organised across the Highlands beginning 21 st March for the Great British Spring Clean which is an initiative driven by Keep The Scotland Beautiful.	

	<p>Joan noted from the HI Climate Hub that they will be handling some funding on behalf of Highland Council; there was a second tranche of community led local development funding that came through in December. Between the Hub and HTSI, they will be dispersing the funding in a small grants round, which they are hoping will be open to applications at the end of March/beginning of April. Joan also noted that the Caithness and Sutherland Cycling UK projects have not been renewed.</p> <p>Rachel noted NatureScot launched the Green Health Learning Network that Public Health Scotland had been leading on. They published the summary report where the Green Health Partnership pilot project was summarised to date.</p> <p>Trish noted UHI have a new member of staff, Professor Anthea Innes, who is an expert in primarily dementia and has a relevant project ongoing in an initiative around green care farms. This initiative looks at using farms to help people with dementia and their carers to improve their well-being.</p> <p>Trish is involved in a KTP project working with people at Edinburgh and Stirling along with Paths for all to develop a step count challenge for high schools, academies and adolescents. Part of Trish's remit is to develop an intervention that is not just designed in the central belt and includes rural communities.</p> <p>Ailsa updated that there was an application in with Kinlochleven for the Community Adult Mental Health Fund through HTSI for the Stepping Stones project which was successful in securing £50,000. This will be used to look at community led pathways into nature based activities, and that will include the appointment of a locality officer within the Community Trust there.</p>	
4	<p>SAMH Declaration</p> <p>Kate shared the SAMH Declaration and Action Plan document with the group.</p> <p>Kate noted 86 people have completed the Nature Prescription training and 129 people have engaged with it since May 2024. The document reports back to SAMH on how the different objectives that have been set out have been met since the partnership signed up to the Charter. Kate highlighted the action on ways to monitor and measure the impact of the work that we deliver and noted projects have been successful in securing funding and are linked to CAMHS through the Innovation Fund challenge with match funding from NHS endowments, with Aberdeen University completing the evaluation. These focus on Inverness and Fort William and will involve the employment of a youth worker who will be embedded within CAMHS to deliver and co-design work with young people and a number of organisations. The other project Health Young Minds is being delivered across five High Schools across Highland; this is being evaluated by the University of Wales.</p>	

5	<p>Health Walk models for consideration (paper)</p> <p>Sophie shared the paper with the group and discussed.</p> <p>Imogen noted Highlife Highland have reignited the young leader health walk proposal which previously did not gain traction but now looks promising. The youth leadership programme is in a whole community setting, not only in schools, and there are a bank of young volunteers who can offer health walks to other young people. Imogen noted the ranger service could bridge some of the health walk gaps.</p> <p>Graham noted there being potential for private funding. A company called Atkins are currently funding some green health work and health outcomes South of the border and they have shown interest in discussions.</p>	
6	<p>Trauma Informed Practice</p> <p>Helen shared a presentation 'An Introduction to Trauma Informed Practice'.</p> <p>Dan has asked colleagues to have a think and start conversations with colleagues about where you and your organisation sit with Trauma Informed Practice. Then, partners can begin to identify what the next steps are.</p>	All
7	<p>Green Health Week – 'Nature is for Everyone' & Communications</p> <p>Dan noted Green Health Week 2025 will run 3rd – 11th May. 'Nature is for Everyone' is the national theme which aims to look around the inclusion agenda and the barriers facing communities on accessing nature in the outdoors.</p> <p>There is great work being done through the National Park around increasing the voices of certain groups including LGBTQ+ and communities experiencing racial inequality, Glasgow are looking at the poverty agenda and work around inclusion of people with lack of financial resources.</p> <p>A communications subgroup will be needed to look at the communications plan in the near future which will be focused on Green Health week comms. Joan volunteered their comms colleague Marion.</p>	
8	<p>Sustainability Action Plan</p> <p>Ailsa shared the Sustainability Action Plan with the group.</p> <p>Trish noted the importance of the notion of inequalities and keeping a focus on it and making sure they are not getting wider. Dan added this action should be strongly embedded into the communications work the partnership are doing so it runs as a constant theme.</p> <p>Ailsa to write up a revised action plan with everyone's comments and present at the start of the next meeting to allow for time. If partners</p>	All

	have any further comments or key priorities that could be missing, please get in touch with Ailsa.	
9	AOCB Next meetings: Wednesday 11th June; 2-4pm Wednesday 17th September; 2-4pm Tuesday 16th December: 2-4pm	